

RECOMMENDED NEXT STEPS - PEER SUPPORT SERVICES

Peer Support Services (PSS) Overview

ABOUT Peer Support Services:

Peer Support Services (PSS) are programs in the community that help adults with mental health or substance use problems work toward feeling better and living healthier lives.

Certified Peer Support Specialists (CPSS) are people who have received training and have gone through their own recovery. They use their personal experiences to help others by teaching important skills for daily life, encouraging independence, and building trust. Because they've been through similar challenges, they understand and connect with the people they help in a special way.

PSS can be offered in two ways: one-on-one or in groups. Both are customized to fit the needs of the person and follow a plan that focuses on their personal goals.

In one-on-one sessions, CPSS build strong, supportive relationships with people. They help them set and reach their goals, find local resources, and stay involved in treatment.

In group sessions, people can meet others who are going through similar struggles. This helps them learn new recovery skills and feel less alone while building a sense of community.

HERE'S HOW PSS CAN HELP YOU:



Peer mentoring or coaching (one-on-one) -

Encourages and supports recovery by supporting people to set goals, develop actions, and address recovery-related challenges.



Recovery resource connecting - Links people to community services and resources to help achieve recovery goals. Use skills learned to independently make progress towards life goals and maintain a stable recovery.



Recovery and goal-focused - Focusing on personal goals related job skills, budgeting, recovery skills, and conflict resolution.



Building community - Enhances social networks to support recovery, promotes learning, and provides opportunities to practice new skills.

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I'm so lucky to have come across RHA Health Services. I would not be where I am today without their assistance, patience, and compassion.

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